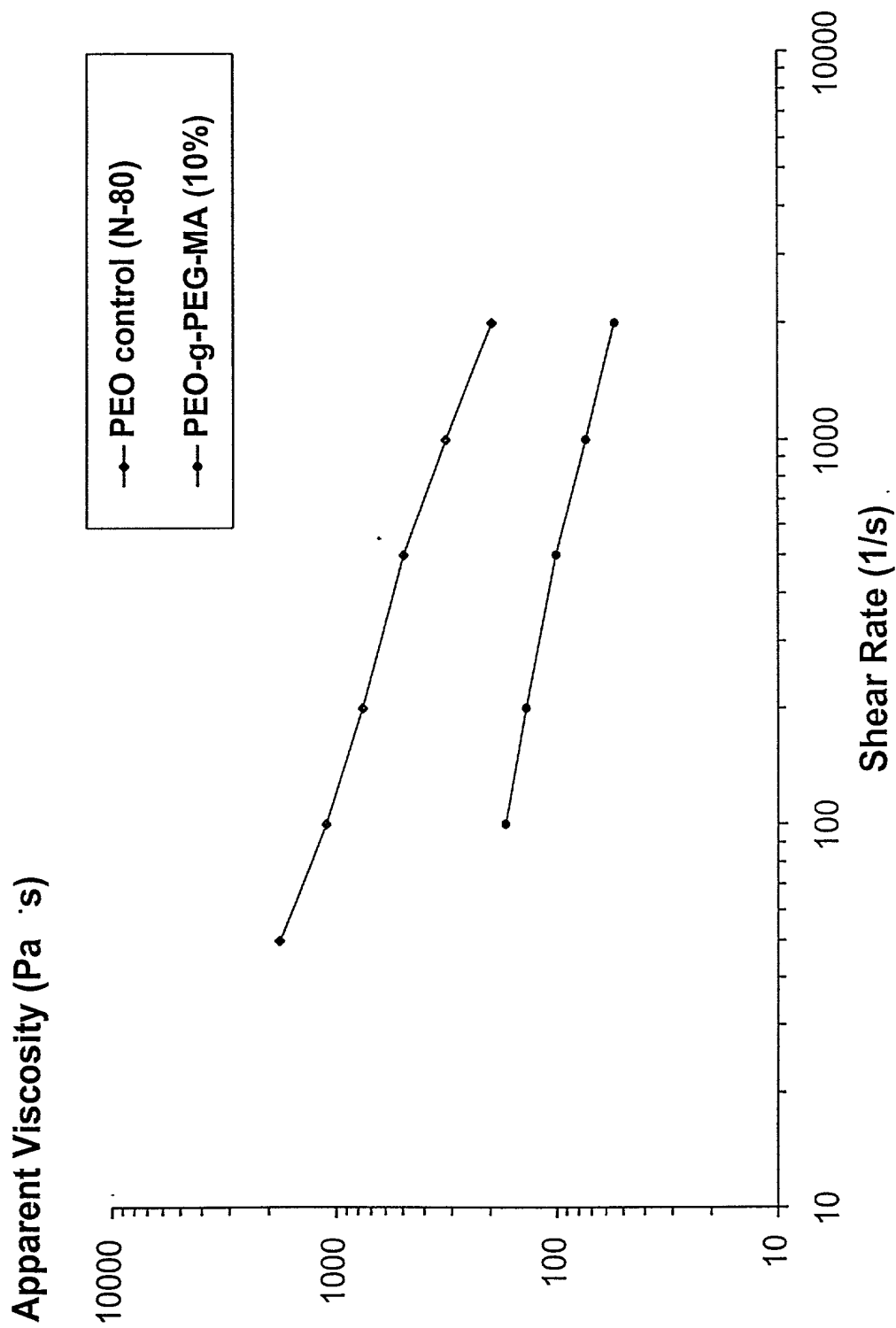


Figure 1



TOTAL 2562860

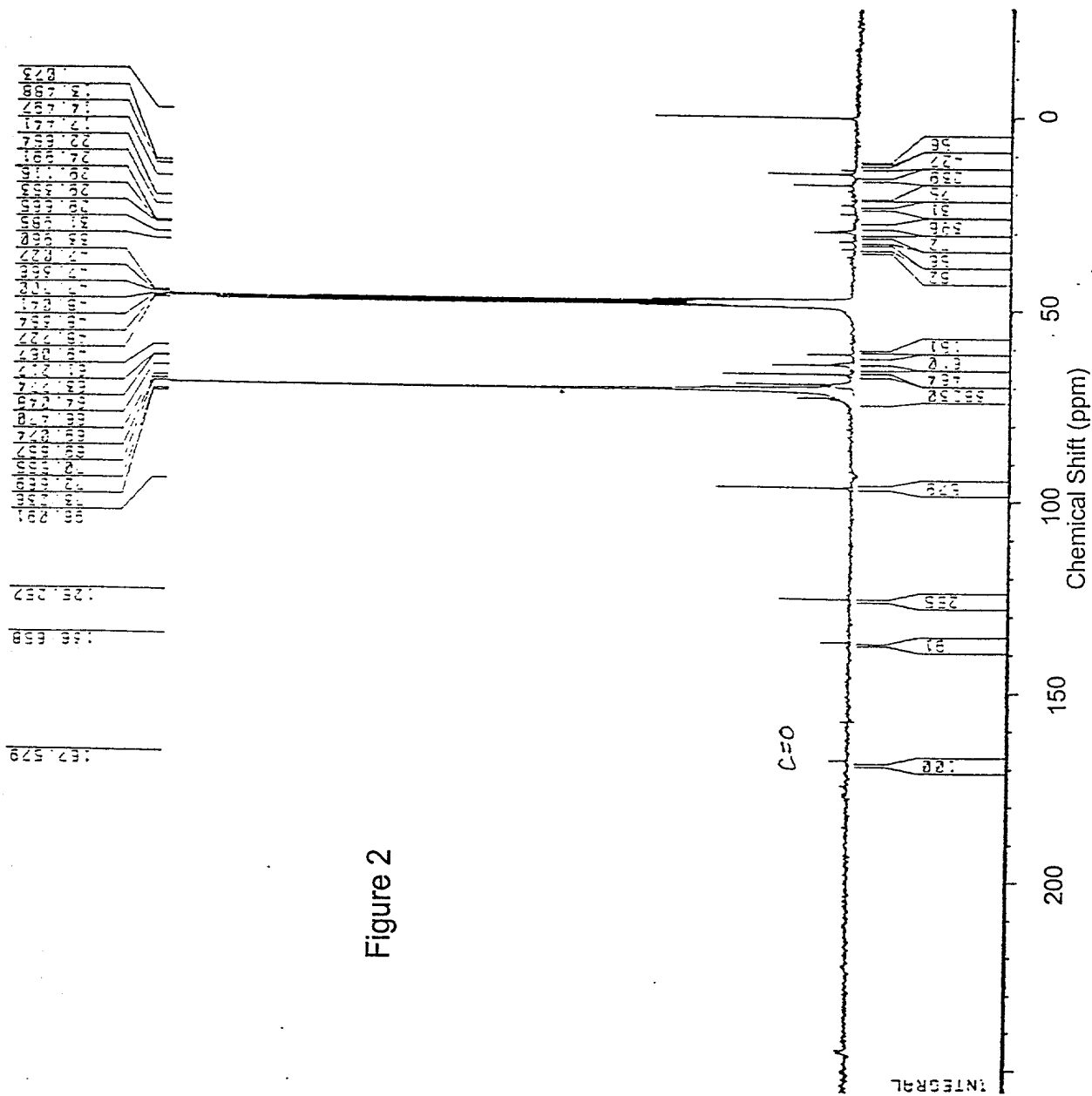


Figure 2

Table 1. Demographic characteristics of the study population	
Age (years)	18-24
Gender	Male
Marital status	Married
Education	High school
Occupation	Unemployed
Religion	Islam
Family size	3-4
Income (TL/month)	1000-1500
Health status	Good
Smoking status	Non-smoker
Alcohol consumption	No
Stress level	Low
Physical activity	Low
Dietary habits	Unhealthy
Sleep patterns	Irregular
Work hours	Long
Social support	Low
Life satisfaction	Low
Self-esteem	Low
Resilience	Low
Optimism	Low
Gratitude	Low
Forgiveness	Low
Empathy	Low
Compassion	Low
Kindness	Low
Generosity	Low
Patience	Low
Perseverance	Low
Determination	Low
Confidence	Low
Self-efficacy	Low
Goal setting	Low
Time management	Low
Problem solving	Low
Decision making	Low
Communication	Low
Relationships	Low
Community involvement	Low
Civic participation	Low
Political engagement	Low
Cultural participation	Low
Artistic expression	Low
Sports participation	Low
Volunteering	Low
Charitable giving	Low
Environmental awareness	Low
Social responsibility	Low
Ethical behavior	Low
Moral values	Low
Religious observance	Low
Spiritual growth	Low
Inner peace	Low
Emotional stability	Low
Mental health	Low
Physical health	Low
Overall well-being	Low

Figure 3

